

ABSTRACT OF THE DISCLOSURE

An aquatic exercise device includes a handle connected to a dome-shaped bell where an angle between the handle axis and the bell axis is not ninety degrees. The bell axis extends from an apex opposite an opening of the dome-shaped bell through a center of the opening. The aquatic exercise device is configured to provide an omni-directional and omni-rotational resistance to movement in water and may include a plurality of fins arranged on an outer surface of the dome-shaped bell.